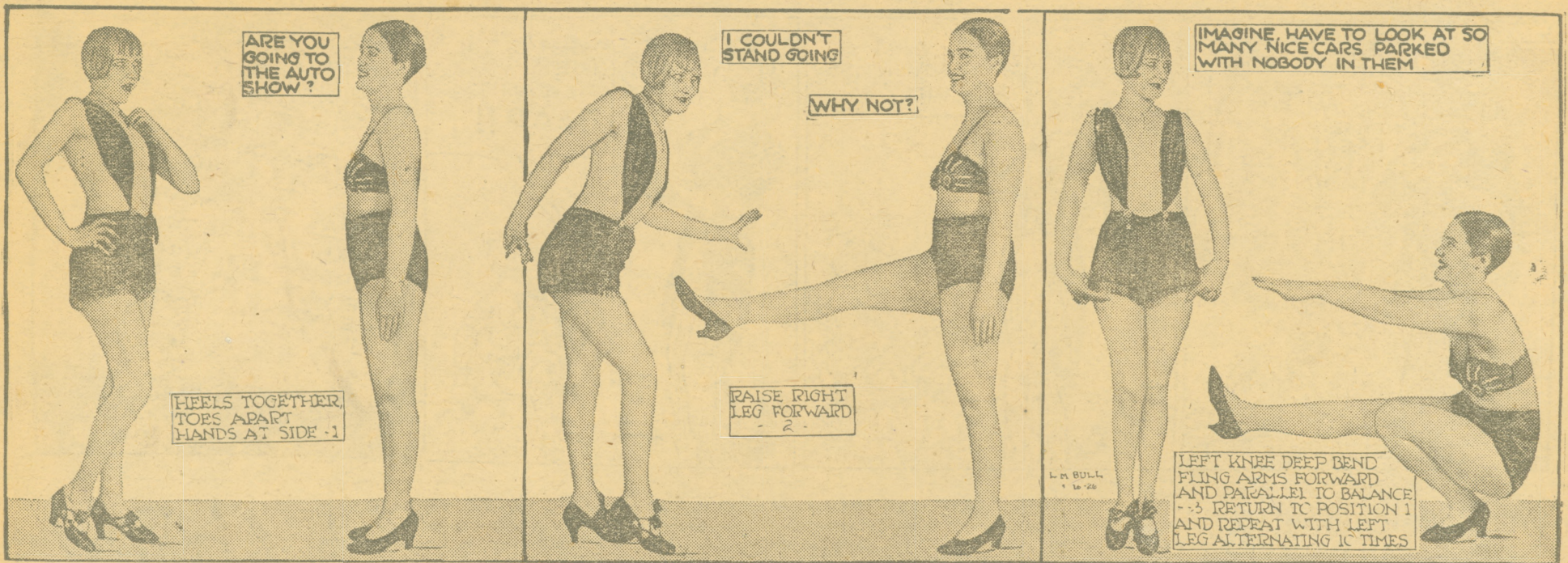


ANTICS OF ARABELLA—

Such a Waste!

By L. M. Bull



POSED BY CLAIRE DOUGLAS FROM "GEORGE WHITE'S SCANDALS" AND MYRTLE COUNCIL OF "ONE MAN'S WOMAN."

Our Daily Physical Culture Page

Conducted by BERNARR MACFADDEN

The Only Page in America
Devoted to Health and HappinessExercise and Right Living
Will Add Beauty to Face

By LADY BEATRICE GREY

Several readers of this column have written asking for a treatment for filling out hollow cheeks. The answer to this question is—the only successful remedy for hollow cheeks is to so build up functional and vital vigor that more flesh will be deposited, not only in the cheeks, but in all parts of the body. This can be accomplished only by rigidly following a physical culture regimen—

—not for a few days only but with patience and regularity.

Aline: An oily skin will usually disappear under the influence of a proper diet, frequent bathing and a daily friction bath.

Catherine K—: To correct a double chin daily massage is advisable, although neck exercises will probably hasten very greatly the removal of a defect of this character.

M. L. T.: About the best wash for the teeth is a good tooth powder or paste of some kind. Select a paste or powder that is free from gritty substances, as this will injure the enamel.

Housewife: For rough hands and stiff fingers the use of a high-grade cold cream or pure olive oil is recommended. When you wash your hands be sure that you dry them thoroughly. Avoid extremely hot water, if possible, also strong soaps.

Miss Eighteen: About the only remedy for freckles is a bleach of some kind. I would not worry about them if I were you; they are probably not as unsightly as you think.

Mrs. T.: To reduce the size of your stomach it will be necessary for you to decrease the size of your abdomen by exercise that brings into play the muscles of that part; also to diminish the quantity of food you are eating.

Questions concerning beauty building through physical culture will receive the personal attention of Lady Grey, beauty culturist, and should be signed by the writer's full name and address, which will not be used without permission. Address her care of The GRAPHIC, 25 City Hall Place.

A Physical Culture Recipe
POACHED EGGS ON FRIED
TOMATOES

Cut solid tomatoes into slices a quarter of an inch thick; dip in beaten egg, then in bread-crumbs. Fry in a little hot fat, browning on each side. Poach the eggs, one for each slice of tomato. Put the tomatoes on a platter, and place the eggs on top.

VIGOROUS HEALTH

Your
Questions
AnsweredBy
PAUL J. VEATCH

Please advise what to do to overcome depression. J. FLESSER.

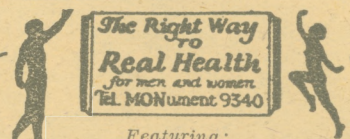
The usual treatment by natural methods would be a thorough cleansing of the system, together with autosuggestion and training in right thinking. The cleansing is brought about by fasting, or, at least, an orange diet, together with enemas, the free drinking of water and deep breathing of fresh air. Afterward a largely raw food diet is used and attention is given to exercise, air and sun baths, and cold baths. Thoughts of hope, confidence, courage, joy and health are concentrated upon.

I am a woman 5 feet 4 inches in height, weighing 143 pounds. I do not sleep well and have an ache in the back. My throat is dry and I get hoarse and catch colds easily. Is there any natural remedy for this? MRS. LEVINE.

Of course. The excess weight indicates a toxic condition, and this has given rise to catarrh. A regular reducing regimen would probably give satisfactory results, though it might also be well to do some fruit dieting and to give special attention to deep breathing of fresh air, air and sun baths, and the practice of relaxation to induce sleep.

I breathe through my mouth at night. Had my tonsils out, but it didn't do any good. Am also very nervous in bed. G. C. WILSON.

The nervousness may be due to the difficulty in breathing. If the trouble is due to catarrh, which is



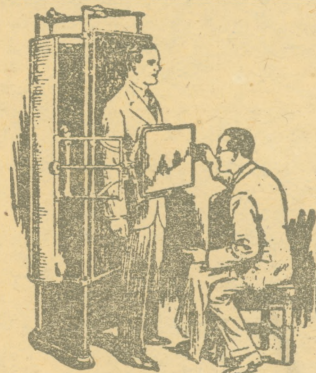
Featuring:
Body Building
Electric Massage
Electric Blanket
Reducing
Spinal Adjustment
Corrective Gymnastics
Swedish Massage
Sun Baking
Traction
CALL or PHONE for FREE Consultation
BAUM PHYSICAL CULTURE
HEALTH INSTITUTE
H. Wm. BAUM, M. C. } DIRECTOR
CHIROPRACTOR
261 West 125th St., near 8th Av.

LAUGH THE WAY TO
HEALTHY LIVING

Try the laugh cure for some of your troubles. Stand with feet far apart and with knees slightly bent. Bring the palms of both hands down and slap them vigorously on the legs just above the knees and then swing your bent arms overhead, making a noise as nearly as possible like laughing. You may have to force it at first but as you go on with the experiment, you'll really want to laugh.

Good Health and Long
Life Can Be Yours!

Discover and correct your physical imperfections and ailments before it is too late!



Looking Through Patient with
X-Ray Fluoroscope

BE EXAMINED
REGULARLY!

A THOROUGH FLUOROSCOPIC EXAMINATION is included in our tests. By means of the fluoroscope the body becomes transparent and the physician is able to see heart, lungs, stomach and other organs in action. No motor car can run twenty months and be in as good condition as it was when new. The human body is a

machine. It cannot run twenty or fifty years without wear and tear. Some parts will be damaged more than others. A great physician said that *all men are sick but do not know it*. Twenty per cent. of the people in apparently good health unknowingly have impairment of the kidneys, heart, pancreas or other organs. Every automobilist has his car examined at regular intervals because he knows that a "stitch in time saves nine." A periodical health examination would reveal Bright's disease, diabetes, cancer, heart disease or other impairments while these maladies are still in a curable stage.

The Health Education Society gives a full and complete examination of every part of the body, at a nominal charge. Its laboratories and examination rooms are equipped with the latest devices of modern medical science. Your health is your greatest asset—it is your road to wealth. Inquire today about our plan of examination. Consultation Free.

The Annual Fee Is \$10.00. This Includes Four Examinations a Year. One Each Quarter.

HEALTH EDUCATION SOCIETY
502 WEST 163d ST., NEW YORK CITY

Phone Washington Heights 1662

CONSULTATION HOURS: Daily (except Sunday), 10 A. M. to 5 P. M. Saturday from 10 A. M. to 1 P. M. Open Tuesday and Thursday Evenings.